

Build Your Customized Wellness Program With Nutrition in Motion

Customized to fit your budget, your timeline and your scheduling needs!

Stand-Alone Services*

Nutrition in Motion Registered Dietitians specialize in behavior change and motivational interviewing. Their number one goal is to help employees understand their health and give them tools they can apply to prevent or manage chronic disease. Stand-alone services include:

- *Lunch and Learn Classes*
- *One-on-one meetings with a Registered Dietitian*

Multi-Week Programs*

Our multi-week programs combine group education with individual customization through one-on-one meetings with a Registered Dietitian. We provide valuable general knowledge in the classes then work with each individual to customize that information to their unique goals, challenges and health risk factors. We work with employers to identify which of our established programs will fit the needs of their group or create a customized program.



**NUTRITION
IN MOTION**

www.NIMRD.com

**Contact us to request a custom proposal
for your group!
rd@nimrd.com**

**One-on-one meetings may be covered by insurance.*

**Available on-site, online or hybrid. On-site availability varies by location.*

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Stand-Alone Services*

Lunch and Learn Class	\$350 per class (\$250/class online)
Lunch and Learn Class Series (4)	\$300 per class (\$200/class online)
One-on-Ones with Registered Dietitian (RD)	\$60 per visit*

Multi-Week Programs*

Eat Well and Thrive (8 classes)	\$1,200
Eat Well and Thrive II (6 classes)	\$900
Diabetes Prevention (4 classes)	\$800
Meal Planning Series (4 classes)	\$800
Fuel Your Body, Fuel Your Mind (4 classes)	\$800

Program pricing includes class series only, one-on-ones priced separately based on program design.



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